

FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

FALL 2004

VOLUME 6, ISSUE 1

INSIDE THIS ISSUE:

PLANS FOR 2005	1
RESEARCH UPDATE	1
2005 DIETARY GUIDELINES	2-3
CALENDAR OF EVENTS	3
HEALTHY RECIPE	4

PLANS FOR 2005

The USDA Food and Nutrition Summer Institute (FNSI) is embarking on its 7th year. For 2005, we have two major activities planned. One activity focuses on intervention research. During the next 9 months we are designing an intervention project, which will include completing a pilot study this coming winter and disseminating the results at several national meetings. More details can be found in the article below.

The second activity focuses on international nutrition. The USDA Food and Nutrition Summer Institute, "Filling the Gap through Multimedia Child Intervention and Education Approaches," has been accepted as a Safari (satellite meeting) to the 18th International Congress of Nutrition (ICN). Our meeting will

be held September 15-18, 2005 in Cape Town, South Africa. Afterwards we will attend the International Congress of Nutrition to be held in Durban, South Africa, September 19-23, 2005. Through a partnership with USAID, we will sponsor several students to attend the Summer Institute and the ICN. Mark your calendars if you'd like to join us.



RESEARCH UPDATE

The focus this year is designing the "Nutrition, Physical Activity, and Diabetes: A Community Model" intervention project. This year provides a unique opportunity for the USDA Community Nutrition Research Group to partner with participating students, faculty, and community members to design an intervention project targeting children and parents. To assist in the research design, we are utilizing Spectel's Blackboard Technology to hold monthly conference calls. This technology allows us to complete conference calls using both audio and simultaneous data exchange technologies (i.e. visual display of PowerPoint, Word, and other software).



applications to their Institutional Review Boards (IRB) for human subject approval. We are also making final decisions on the instruments to be used in the pilot phase of the study. Pilot data collection is scheduled to begin late January and continue until late February. Preliminary findings will be presented by the students on the February 24th conference call.

Dr. Deirdra Chester will be visiting the University community sites during February and March 2005. These site visits will allow the USDA partners to observe the community data collection setting. We also gain a one-on-one opportunity to know the students a little better and they us. During the visit Dr. Chester will work through any problems the students may encounter during intervention preparations, which are scheduled to begin Fall 2005.



"Our mental and emotional diets determine our overall energy levels, health, and well-being to a far greater extent than most people realize. Every thought and feeling, no matter how big or small, impacts our inner energy reserves."

Doc Childre and Howard Martin, The HeartMath Solution

2005 DIETARY GUIDELINES: A SUMMARY OF PROPOSED RECOMMENDATIONS



Nutrition and Your Health: Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for federal food and nutrition education and information programs. The use of the Dietary Guidelines helps policymakers, educators, clinicians and others speak with one voice on nutrition and health.

In August 2004 the Dietary Guidelines Committee submitted their proposed recommendations to DHHS and USDA. Both departments are currently reviewing them and a final decision on the official release should be January 2005. Committee members posed a large number of questions, prioritized them, and an extensive search of the scientific literature was done. Since the general public now comprises large numbers of individuals with chronic health problems such as obesity, high blood pressure, and abnormal blood lipid values, as well as a large elderly population, the Committee addressed a few topics that may go beyond the dietary concerns of persons who meet strict definitions for good health. Also, the Committee was especially interested in finding strong scientific support for dietary and physical activity measures that could reduce the Nation's major diet-related health problems, overweight and obesity, hypertension, diabetes, coronary heart disease, certain cancers and osteoporosis.

Dietary Guidelines 2000	Proposed “ New ” Dietary Guidelines 2005
1. Let the Pyramid Guide your food choices.	1. Consume a variety of foods within and among the basic food groups
2. Aim for a healthy weight.	2. Control calorie intake to manage body weight.
3. Be physically active each day.	3. Be physically active every day.
4. Choose a variety of fruits and vegetables daily.	4. Increase daily intake of fruits and vegetables, whole grains, and nonfat or low-fat milk and milk products.
5. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.	5. Choose fats wisely for good health.
6. Choose beverages and foods to moderate your intake of sugars.	6. Choose carbohydrates wisely for good health.
7. Choose and prepare foods with less salt.	7. Choose and prepare foods with little salt.
8. If you drink alcoholic beverages, do so in moderation.	8. If you drink alcoholic beverages, do so in moderation.
9. Keep food safe to eat.	9. Keep food safe to eat.

2005 DIETARY GUIDELINES: A SUMMARY OF PROPOSED RECOMMENDATIONS (CONT'D)

The proposed recommendations make a major departure from previous editions of Dietary Guidelines for Americans in that they do not include a message specifically directed toward sugars. The Committee took a different approach and decided to make this point clear under the new topic "Choose Carbohydrates Wisely for Good Health" and also under the first and second topics, which address energy needs and controlling calorie intake, respectively. In addition, the new Dietary Guidelines provide more specific recommendations in regard to weight maintenance and the types of foods to choose.

Lastly, the Committee was struck by the critical and likely prominent role of the environment in determining whether or not individuals consume excess calories, eat a healthy diet and are physically active. Environmental influences such as large portion sizes and lack of calorie content at the point of sale tend to be beyond the control of individuals. Thus, changes to the environment could make a substantial difference in consumers' ability and willingness to follow the dietary guidelines.



Calendar of Events

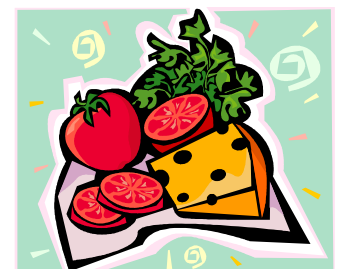
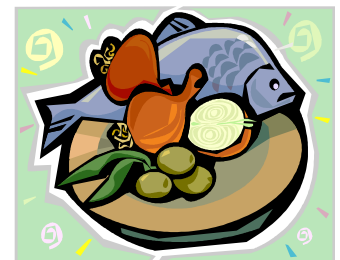
**Society for Nutrition
Educators (SNE)**
Orlando, FL
July 23-27, 2005

**USDA Food and Nutrition
Summer Institute**
Capetown, South Africa
September 15-18, 2005

**International Congress of
Nutrition**
Durban, South Africa
September 19-23, 2005

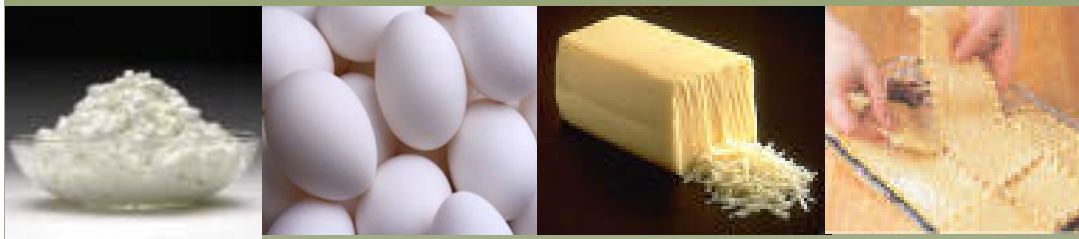
American Dietetic Association
St. Louis, Missouri
October 22-25, 2005

**American Public Health
Association**
New Orleans, LA
November 5-9, 2005



HEALTHY EATING RECIPE

Spinach Lasagna



Prep Time: 25 min—Ready in: 1 hr 20 min

INGREDIENTS

- 1 (16 oz) container Low Fat Cottage Cheese
- 1 (10 oz) package Frozen chopped spinach, thawed, drained well
- 3 cups 2% milk shredded reduced fat mozzarella cheese, divided
- 1/2 cup 100% grated Parmesan cheese, divided
- 2 eggs Beaten
- 1 (26 oz) jar Spaghetti sauce, divided
- 1 package Lasagna noodles

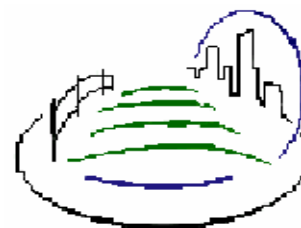
Preparation:

1. Preheat oven to 350 F. Divide Mozzarella and Parmesan cheese in half. Mix cottage cheese, Spinach, 2 cups of the mozzarella cheese, 1/4 cup of Parmesan cheese and eggs.
2. Layer 1 cup of the spaghetti sauce, 3 lasagna noodles and 1/2 of the cottage cheese mixture in 13X9 inch baking dish. Repeat Layers. Top with remaining 3 noodles, sauce, 1 cup mozzarella cheese and 1/4 cup of Parmesan cheese.

Bake 45 minutes. Let stand 10 minutes before serving.



Source: Recipe modified from www.kraftfoods.com



Visit us online @

<http://www.ba.ars.usda.gov/cnrg/research/fnsi>

THE FOOD & NUTRITION**SUMMER INSTITUTE**

c/o Dr. Ellen Harris

USDA, ARS, BHNRC, CNRG

Bldg. 005, Rm.117

Beltsville, Maryland 20705

Telephone: (301) 504-0610

Fax: (301) 504-0698

Email: eharris@ba.ars.usda.gov

Visit us online @ <http://www.ba.ars.usda.gov/cnrg/research/fnsi>

Nutrition Details (per serving)

Calories 310 Sugars 6 g

Total fat 12 g Protein 24 g

Saturated fat 6 g Protein 24 g

Cholesterol 75 mg Vitamin A 70% DV

Sodium 900 mg Vitamin C 25% DV

Carbohydrate 26 g Calcium 70% DV

Dietary fiber 3 g Iron 15% DV